

# **PUBLIC FILE 1**

1<sup>st</sup> QUARTER REPORT

KDND-HD2 6-6:30A

January 1, 2015 - March 31, 2015

Date	Time	Show#	Topic/Guest
1/4/15	22:00	#1501	<b>Clean &amp; Sober Transitional Living:</b> The oldest and largest comprehensive resource in Northern California for recovery. Founded in 1989, they've helped over 6000 men & women. CSTL offers individuals and their families the 4 primary components. Intervention, Detox, Residential Treatment, and Sober Living. <b>Guests:</b> Don Troutman, founder and CEO; Jeanie Nevin-Gshweng, General Manager and Bob Hillstrom, Marketing Director
1/11/15	22:00	#1502	<b>Wild And Scenic Film Festival:</b> Considered the nation's premier environmental and adventure film festival, showcasing films that inspire action. What started out as a local film festival in the foothills of California has morphed into a movement that brings together more than 5,000 environmental influencers, activists, and celebrities to take on pressing environmental issues. <b>Guest:</b> Melinda Booth, Festival Director
1/18/15	22:00	#1503	<b>Blue Heart International:</b> A non-profit organization with the goal of providing survivors of human trafficking a place to work, live, and learn what it means to be loved for the first time. At Blue Heart, the survivors gain the necessary tools to live a self-sustained life. Understanding the truth behind child sex trafficking, and knowing that there's hope for the future of the survivors are both important. <b>Guests:</b> Missy and Blake McCall, Founders
1/25/15	22:00	#1504	<b>Sustainable seafood:</b> It's either caught wild or farmed in ways that consider the long-term vitality of harvested species and the well-being of the oceans. Currently, approximately 80% of all seafood sold at Raley's is sustainable, with a goal of December 2017 for all fish to be 100% sustainability sourced. The company's seafood staff has undergone extensive training to answer customer questions about sustainability.

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			<b>Guest:</b> Koen Vermeylen, Seafood Expert
2/1/15	22:00	#1505	<b>Museum Day:</b> The 17th annual "Sacramento Museum Day". Almost all museums are participating for free or very low-cost. Instead of trying to visit all 24 museums, it's recommended that you pick a favorite or two. Special activities on occurring on "Sacramento Museum Day" <b>Guests:</b> Roxanne Yonn, Executive Director of the Aerospace Museum. Phil Sexton, District Interpreter Specialist, Capital District
2/8/2015	22:00	#1506	<b>Shoulder To Shoulder:</b> Preparing urban, fatherless young men for life. Helping at-risk inner-city teen boys become balanced, mature men, breaking the cycle of fatherlessness. The staff and volunteers mentor both fatherless young boys from the 4th grade through high school and their single mothers or grandmothers. Delivering love, support and skills-training to families in crisis in North Sacramento/Del Paso Heights. <b>Guests:</b> Bill Coibion, Founder. Jayne Williams, Director
2/15/15	22:00	#1507	<b>Wellness Within:</b> A healing oasis for patients, survivors, caregivers, and families affected by the trauma, stress and anxiety brought on by cancer. Located in downtown Roseville, the center offers a warm and inviting space to let go and learn how to manage your stressors. Providing a wide range of free services that enhance an individual's ability to experience quality of life through practices that incorporate physical, emotional, and mental well-being. <b>Guests:</b> Patti Brown, Executive Director and Founder. Randi Beasley, Outreach Coordinator.
2/22/2015	22:00	#1508	<b>Sac Beer Week:</b> Benefits the Runnin' for Rhett Foundation. At four months of age, Rhett Seever was diagnosed with cerebral palsy. After 7 years of full-time care, love and devotion, Rhett passed away at home with his family by his side. Runnin' for Rhett's mission is to let Rhett's story inspire those who feel defeated,

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			uplift those who feel down and encourage hope. <b>Guests:</b> Dave Gull, Founder/CFO. Darrell Amerine, Executive Director
3/1/15	22:00	#1509	<b>Immune boosting foods:</b> Discussing included whether the idea of immune boosting foods is something new. How various foods boost your immune system and help prevent colds and flu. Foods helpful in boosting your immune system. Whether organic products boost immunities more than other products. If vitamins and supplements make a difference. How exposure to the sun (in moderation) can strengthen your immune system. And whether laughing is good for your immune system. <b>Guest:</b> Megan Burritt, Director of Wellness and Sustainability
3/8/15	22:00	#1510	<b>Black Box Theater:</b> A High School nonprofit with an original play that raises funds for the school drama department. We learned about the upcoming show, "Hank V". The plot, the story behind the characters and the style of theater. All the props in the play are created by humans so training is key for the physical aspects of the show. Original music is created and the actors performed an original song. The Buscanian language was created specifically for this play. <b>Guests:</b> Doniel Soto, Director. Cast members Angela Phung, Naomi Fuad and Liam Collins.
3/15/14	22:00	#1511	<b>Dog Days at Denio's:</b> Celebrate National Something on a Stick Day and watch contestants in a corn dog eating competition. Cheer on your favorite dachshund at the Wiener Dog Races. The Placer County SPCA will be on-site with adoptable pets and will benefit from proceeds of the event. Don't miss out; the competition will be dog-gone crazy. <b>Guests:</b> Leilani Fratis, Placer SPCA. Eric Denio, Denio's Farmers Market

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3/22/15	22:00	#1512	<p><b>Wildlife Care Association:</b> The WCA relies entirely on the generosity of supporters to keep the doors open to the over 6,000 orphaned and injured wild animals each year. Adopting an animal, whether an Ambassador animal or a species, is another way to contribute to the goal of giving wildlife a second chance. WCA depends on a dedicated group of volunteers to provide care for patients and educate the public.</p> <p><b>Guests: Brianna Abeyta, Operations Manager</b></p>
3/29/15	22:00	#1513	<p><b>Morton Golf Foundation:</b> The Mission is to provide funds to programs offering a healthy outdoor recreational environment that stresses the building of lasting personal relationships while seamlessly instilling life's core values for the youth, disabled and underserved communities of Sacramento. The Morton Golf Foundation is a 501c3 organization that raises funds for golf programs in the Sacramento community that instill these character building values to the youth, disabled and underserved.</p> <p><b>Guests:</b> Tom Morton, President. Frank LaRosa, Board Member</p>

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Date	Time	Show#	Topic/Guest
1/4/15	22:00	#1501	<b>Planning For Seniors:</b> Helping families fund long term care expenses while maintaining their financial assets. Planning for Seniors works with you and your loved ones to ensure that you successfully obtain Medi-Cal benefits to cover long term care expenses. They help fund the expenses associated with long term and extended care, and help give you peace of mind. <b>Guest:</b> Deborah Short, Founder, Planning For Seniors
1/11/15	22:00	#1502	<b>Women's Health Specialists:</b> a non-profit reproductive and sexual health clinic. They serve 25,000 teen and adult clients annually in Northern California. Additionally, they present to schools, clubs, colleges and under-served people in the community. They firmly believe that only through dignity and freedom of choice can we achieve our full potential. <b>Guest:</b> Emily Loen, Outreach and Education Coordinator
1/18/15	22:00	#1503	<b>California Musical Theatre:</b> A nonprofit organization that produces the Music Circus series at Wells Fargo Pavilion and the Broadway Sacramento series at Community Center Theater. They also provide a variety of arts education programs to the Sacramento community through the CMT Academy. <b>Guests:</b> Richard Lewis, President and CEO and Sara Hanson, Assistant Director of Marketing and Public Relations
1/25/15	22:00	#1504	<b>Chrysalis Cosmetics Blood Drive:</b> Inspired by an annual neighborhood blood drive where Dr. Perry and staff would donate. They wanted to give back to the community in a meaningful way. When they moved to a new location last November, it was a perfect opportunity. The success prompted them to make it an annual event. <b>Guests:</b> Kristi Perry, Owner of Chrysalis Cosmetics. Steven Lee, leukemia patient and Alexander Sigua - Public Relations Manager at Blood Source

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2/1/15	22:00	#1505	<p><b>Heart Health:</b> February is Heart Health Awareness Month: Subjects covered included the most common causes of heart problems, how important exercise is to a healthy heart. Whether taking aspirin helps. How bad are smoking and obesity for your heart. Symptoms of heart issues and when to call a doctor. The difference between good and bad cholesterol. The Mediterranean diet; promoted as the best diet for a healthy heart. Is it important to remove Gluten for a cardiac healthy diet.</p> <p><b>Guest:</b> Dave Fluitt, Pharmacist</p>
2/8/15	22:00	#1506	<p><b>Covered California:</b> Subjects covered included what kind of health insurance is offered. Who is eligible to buy health insurance. Pre-existing conditions. Network doctors. How much it costs. If there is financial help. Why it's important to have health insurance. Open enrollment. If you have to buy health insurance.</p> <p><b>Guest:</b> Dana Howard, Spokesman</p>
2/15/15	22:00	#1507	<p><b>Wild Bill's Tattoo-a-thon:</b> An annual fundraiser to raise money for the Pediatric Intensive Care Unit at UC Davis Children's Hospital. Employees of Wild Bill's Tattoo in Roseville and 30 volunteer tattoo artists work from 8am to midnight. All proceeds (including tips) are donated. They have raised over \$184,000 to date. The Hospital has named part of their new wing after the Tattoo Shop.</p> <p><b>Guest:</b> Bill Hill, owner</p>
2/22/15	22:00	#1508	<p><b>Scleroderma Foundation of Northern California:</b> Creating Support, Education and Research. Bringing awareness about scleroderma to people who otherwise may never hear about this life changing, devastating disease that will hopefully lead to finding a cure. The show helped to promote Scleroderma Foundation night with the Sacramento Kings, Friday February 27 at Sleep Train Arena.</p> <p><b>Guest:</b> Julie Reid, Chapter President Mary Huckabee, Chapter Vice President</p>

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3/1/15	22:00	#1509	<b>Keaton Raphael Memorial - St. Baldrick's Event:</b> Keaton Raphael Memorial partnered with St. Baldrick's to host Head Shaving Extravaganzas in Roseville and Sacramento areas designed to raise funds to support childhood cancer research. The head-shaving events began as a challenge between businessmen. Shave their heads for donations to raise funds for kids with cancer. And the St. Baldrick's Foundation was formed. <b>Guest:</b> Teresa Hofhenke, CEO, Keaton Raphael Memorial
3/8/15	22:00	#1510	<b>Job's Syndrome:</b> Characterized by abnormally high levels of the immune system protein, immunoglobulin E, in the blood, the condition is also known as Hyper-IgE Syndrome. More public awareness needs to be created and research needs to be funded. Like many children fighting disease, Colton Nelson is a special little boy. He is bright, active, intelligent and full of curiosity. He is fighting this disease to win. The Nelson family held a fundraiser for their son in his battle against Job's Syndrome and we helped get the word out. <b>Guests:</b> Danielle and Dave Nelson
3/15/15	22:00	#1511	<b>Office Of Problem Gambling:</b> The California Department of Public Health's Office of Problem Gambling administers prevention and treatment programs to mitigate negative impacts related to problem gambling behavior. California Gambling Education and Treatment Services (CalGETS) offers numerous resources to problem gamblers and affected individuals. CalGETS providers are licensed mental health providers who are trained to treat gambling disorder. CalGETS is confidential and services are offered at no-cost to the client. <b>Guest:</b> Terri Sue Canale, Office of Problem Gambling

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3/22/15	22:00	#1512	<p><b>Seasonal Allergies:</b> Exploring the causes of spring allergies. Common symptoms, how allergies are diagnosed. How can I tell if a child has allergies or a common cold. What a pollen count means. How to manage spring allergies. The worst time of day for allergies. Treatments. Should you consider moving to decrease allergy symptoms. When it's time to see a doctor. Can you outgrow allergies or become immune to certain things you are allergic to? What hypoallergenic means and how stress affects allergies.</p> <p><b>Guest:</b> David Fluitt, Raley's Pharmacy specialist</p>
3/29/15	22:00	#1513	<p><b>Walk To Remember:</b> On April 10, 2009 five American soldiers were killed in combat in Mosul, Iraq. SFC Bryan E. Hall, of Elk Grove, is one of those soldiers whose heroic actions saved the lives of his fellow soldiers and Iraq civilians. The walk honors SFC Hall and the other four soldiers killed in the confrontation and all American Soldiers, past and present, who serve our country. All proceeds from the walk will be split between the Bryan E. Hall Memorial Scholarship Fund and an education fund established for SFC Hall's eight-year old daughter, Addison.</p> <p><b>Guest:</b> Bettie Hall, Bryan's Mom</p>